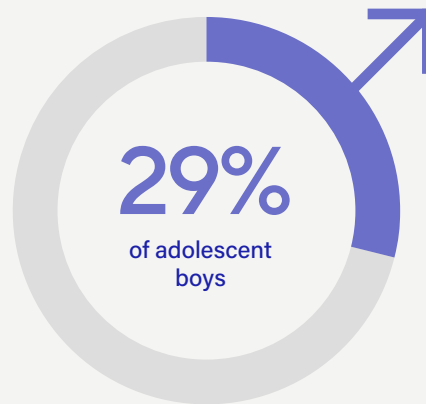
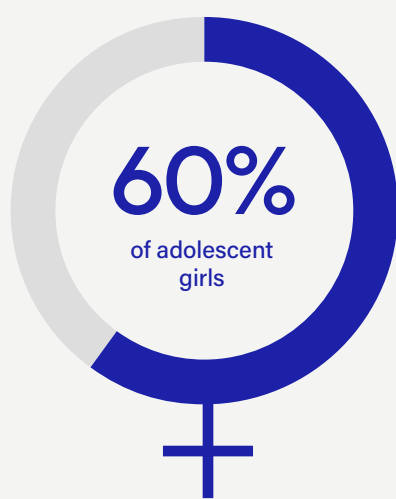




Investing in Women and Girls' Mental Health is a Smart Bet

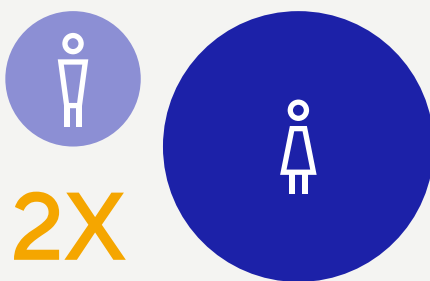
Mental health is the leading cause of disability for women globally, yet it remains overlooked and undervalued. Investing in women and girls' mental health not only benefits women and girls at an individual level, but also drives broader economic and societal change by reducing healthcare costs, increasing workforce participation, and promoting the overall well-being of families and communities. Funders and philanthropic leaders who are dedicated to supporting women and girls can achieve a greater return on investment and lasting impact by incorporating mental health into their giving strategies.

Snapshot of the state of women and girls' mental health



Girls are more likely to experience depressive symptoms than boys

A recent report from the CDC found that almost 60% of adolescent girls compared to 29% of adolescent boys had depressive symptoms in 2021 – the highest level in a decade.¹



Women experience higher rates of depression than men

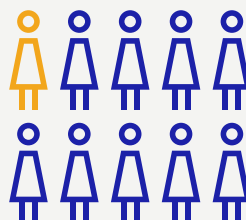
Women are **2x** as likely to suffer from depression compared to men, and **2x** as likely to report challenges in accessing quality health services.²

Suicide risk is growing among girls

In 2021:

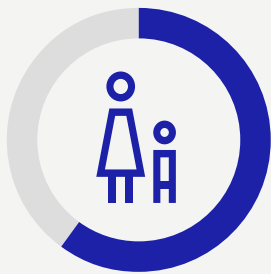


More than 1 in 4 girls reported they seriously **considered attempting** suicide.



More than 1 in 10 girls reported they **attempted suicide**.³

Factors driving women and girls' mental health challenges

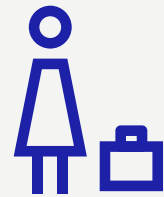


Women as Caregivers

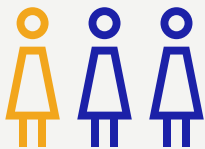
61% of informal caregivers are women, with research suggesting they often experience higher rates of depression, anxiety, and stress as a result of their caregiving responsibilities.^{4,5}

Women in the Workforce

In 2022, women were 5 to 8 times more likely than men to reduce their work hours or drop out of the labor force entirely due to caregiving responsibilities.⁶



Women and girls face additional burdens such as reproductive health issues, and are more likely to face intimate partner violence, both of which have mental health impacts.



Sexual or physical violence

1 in 3 women experience sexual or physical violence by an intimate partner, leading to mental health impacts that include PTSD, depression, anxiety, substance misuse, self-harm, and suicidal behavior.⁷

Reproductive health

Women and girls who experience reproductive health-related issues have an increased risk of depression and anxiety.⁸



Investment in women and girls' mental health can lead to improved outcomes and significant return on investment.



Investing in Treatments

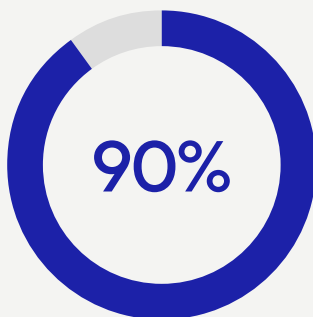
\$1 invested in improving treatment for depression and anxiety would generate a \$4 return for the economy.⁹



\$221 Bn

Economic impact

Addressing the indirect economic impact from poor mental and physical health outcomes among caregivers could save an estimated total of \$221 billion in healthcare costs.¹⁰



Income Allocation

Research suggests that working women tend to reinvest up to 90% of their incomes back into their families, helping to improve the lives of future generations.¹¹

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- 2 Fox, M. (2018, February 14). Women twice as likely as men to have depression, survey finds. NBC News. <https://www.nbcnews.com/health/health-news/women-twice-likely-men-have-depression-survey-finds-n847556>
- 3 CDC Report Shows Concerning Increases in Sadness and Exposure to Violence among Teen Girls and LGBTQ+ Youth. CDC. <https://www.cdc.gov/nchhstp/newsroom/fact-sheets/healthy-youth/sadness-and-violence-among-teen-girls-and-LGBQ-youth-factsheet.html>.

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- 7 *Devastatingly pervasive: 1 in 3 women globally experience violence*. (2021). World Health Organization. <https://www.who.int/news/item/09-03-2021-devastatingly-pervasive-1-in-3-women-globally-experience-violence>
- 8 Hope, H., Pierce, M., Johnstone, E. D., Myers, J., & Abel, K. M. (2022). The sexual and reproductive health of women with mental illness: a primary care registry study. *Archives of women's mental health*, 25(3), 585–593. <https://doi.org/10.1007/s00737-022-01214-y>

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- 9 *This is the surprisingly large economic dividend from investing in better mental health*. (2016). World Economic Forum. <https://www.weforum.org/agenda/2016/04/treating-depression-is-good-for-the-global-economy/>
- 10 *The economic impact of caregiving*. (2021). Blue Cross Blue Shield Association. <https://www.bcbs.com/the-health-of-america/reports/the-economic-impact-of-caregiving>
- 11 Empowering girls & women. (n.d.). Clinton Global Initiative. <https://www.un.org/en/ecosoc/phlntrpy/notes/clinton.pdf>



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mindful
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